



The Awakened Minds *Focus 2-Disc Set* is a powerful tool to help you easily and effortlessly:

- \* Improve your levels of focus and concentration
- \* Enhance cognitive performance and increase mental clarity
- \* Improve your retention of information while studying
- \* Increase your focus and attention while reading or working
- \* Dramatically enhance your creativity
- \* Develop problem-solving and brainstorming skills
- \* Achieve a zone while exercising
- \* Improve your thinking speed and performance
- \* Improve concentration and attention in adults or children with ADD or ADHD

Prior to listening to the Focus CDs for the first time, please read the instructions included in the printed CD insert. Through feedback from many listeners, we've compiled a list of some of the most common questions:

- **Do I need any special equipment to listen to the Awakened Minds audio technology?**

The Awakened Minds audio CDs utilize binaural audio technology, which requires the use of stereo headphones to be effective, but any stereo headphones will work just fine. You do not need to purchase expensive headphones for the technology to have an effect. You may listen to the CD through stereo headphones using your stereo, a portable CD player, or even your computer's CD-ROM drive, while working, reading, studying, or performing any task for which you desire enhanced focus and concentration.

- **Will I be able to hear the binaural beat tones?**

The sounds of rain are used to mask the sound of the binaural tones and to provide the most pleasant listening experience possible. The tones used to create the binaural beats are set at a level just below the sound of the rain. On occasion, you might hear the slightest vibration, a very deep soft sound that lasts only for a brief moment. This occurs whenever the intensity of the binaural frequencies is heightened. You should not increase the volume of your CD player. Instead, keep the volume at a comfortable setting where the sound of the rain is soothing and not too loud.

- **When should I use the 72-minute track titled *Clarity* on Disc 1?**

*Clarity* is intended for listening in situations that require relaxed concentration, such as reading or engaging in a hobby. *Clarity* may also be used during an exercise session—while jogging, for example—to assist you in achieving the "zone" described by many athletes. *Clarity* uses binaural audio in the High-Alpha range.

*You do not need to use the Clarity track for the full 72 minutes to obtain benefits. You may listen to only a portion of the track and still obtain benefits.*

- **When should I use the 50-minute track titled *Focus* on Disc 2?**

The *Focus* track is intended for listening while performing tasks that require heightened attention, such as working, studying, or any situation requiring specific attention to detail. *Focus* uses binaural audio in the Beta range.

*You do not need to use the Focus track for the full 50 minutes to obtain benefits. You may listen to only a portion of the track and still obtain benefits.*

- **When should I use the 22-minute track titled *Envision* on Disc 2?**

The *Envision* track is intended to be used whenever a creativity boost is needed. *Envision* may also be used for quick problem-solving and brainstorming sessions in order to trigger creative and innovative solutions. *Envision* uses binaural audio in the Alpha and Theta ranges.

- **How often can I listen to the Focus CDs?**

You may listen to the Focus CDs as often as you like, whenever you desire enhanced concentration, attention, clarity, and focus. Listening to the Focus CDs for several hours during the day will not have any adverse side effects.

- **Are the Focus CDs effective in treating adults or children with ADD or ADHD?**

The Focus 2-Disc Set may be used by adults or children with ADD or ADHD to improve levels of concentration and clarity, offering a drug-free alternative to enhance attention and cognitive functioning. In the past two decades, several research studies have proven the effectiveness of binaural audio in increasing attention, improving concentration and focusing skills, and treating ADD. In 1991, at the annual meeting of the Association of Applied Psychophysiology and Biofeedback, Harold Russell, Ph.D., presented research showing that Beta frequencies improved the cognitive functioning of children with ADD.

In addition, the results of a 1997 study conducted by the Departments of Psychiatry and Behavioral Sciences at Duke University Medical Center indicated binaural audio is effective in increasing cognitive performance. The study reported that "binaural auditory stimulation can affect both the task performance and changes in mood associated with the task." (Lane, Kasian, Owens, Marsh; 1998, Binaural Auditory Beats Affect Vigilance, Performance, and Mood; *Physiology & Behavior*, Vol. 63, No. 2)

Additional information, along with an [Articles](#) section and a [Frequently Asked Questions](#) section, is available on our web site.

It is our goal at Awakened Minds to help you become the best person you can be. Our support staff is available to assist you via telephone, email, or through the support section of our online Message Forum. If you have any questions or comments whatsoever, please don't hesitate to contact us. We wish you the best of luck in your personal journey toward achieving your full potential!